




**Jill Patterson,  
RDN**


Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?


Let the Living Well Eating Smart Team help!


If you are interested to learn more about how Jill Patterson can help you and your family, contact her directly at:

**JillPattersonRDN  
@gmail.com  
(413) 504-4198**

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

# Nutrition Events at Big Y®

Jill Patterson is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

## CONNECTICUT SCHEDULE DECEMBER 2018

**December 6**

### *Healthy Holiday Treats*

11:30 AM – 1:30 PM  
Plainville Big Y

275 New Britain Ave.

Stop by for fun and festive treat ideas to prepare for your next holiday gathering. Try samples, pick up holiday tip sheets and chat with the dietitian!



**December 6**

### *Building Better Meals*

2:45 – 4:45 PM  
Rocky Hill Big Y

1040 Elm St.

Learn nutrition-approved tips for building better meals that look appetizing, taste great and keep you feeling full.



**December 13**

### *De-Stress During the Holidays*

11:30 AM – 1:30 PM  
Meriden Big Y

533 South Broad St.

Stop by our info table, learn wellness tips for managing stress and de-stress with a warm sample of tea!



**December 13**

### *De-Stress During the Holidays*

2:45 – 4:45 PM

North Haven Big Y

345 Washington Ave.

Stop by our info table, learn wellness tips for managing stress and de-stress with a warm sample of tea!



**December 19**

### *Healthy Holiday Treats*

10:30 AM – 12:30 PM

Naugatuck Big Y

85 Bridge St.

Stop by for fun and festive treat ideas to prepare for your next holiday gathering. Try samples, pick up holiday tip sheets and chat with the dietitian!



**December 19**

### *Healthy Holiday Treats*

2:00 – 4:00 PM

Cheshire Big Y

1021 South Main St.

Stop by for fun and festive treat ideas to prepare for your next holiday gathering. Try samples, pick up holiday tip sheets and chat with the dietitian!



Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.